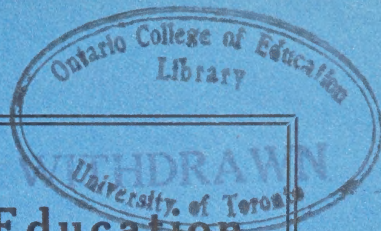


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Vocational Education Branch

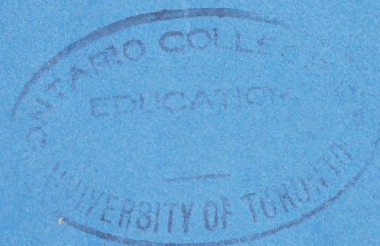
Bulletin No. 1

HOME NURSING

A Course

FOR

Vocational Classes



TORONTO

Printed and Published by Clarkson W. James, Printer to the King's Most Excellent Majesty
1925

Ontario Department of Education

Vocational Education Branch

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September, 1925
500 copies.

HOME NURSING

RECOMMENDATIONS REGARDING ORGANIZATION AND MANAGEMENT

THE COURSE

This course of study is planned to aid those who are engaged in teaching classes in Home Nursing in part-time, day and evening schools. While the course is designed to cover two years' work, units may be taken from it which will meet the needs of the teacher and the students, if less time than two years be at their disposal. It will be found necessary to further subdivide it, as many of the topics and sub-topics will require several class periods each. It is arranged under ten main headings. Under each heading is given:—

- (a) A list of topics for lecture work.
 - (b) Reference books and pamphlets in which suitable subject matter may be found.
 - (c) Illustrative material for classroom use.
 - (d) Demonstrations to be given by the instructor.
 - (e) Practical work to be carried out by the students.
 - (f) Equipment necessary for demonstrations and practical work.
1. If each student is to participate in the practical work, it is not advisable to enrol more than twenty for each class unless the services of an assistant are available.
 2. Division of time for a two-hour class period:
 - $\frac{3}{4}$ to 1 hour.....lecture period.
 - $\frac{1}{4}$ hour.....demonstration.
 - $\frac{3}{4}$ hour.....practical work.
 - 10 min.....question box.
 3. Individual help may be given by means of a question box. Questions should be taken from the box at the close of each lesson and answered at the close of the following lesson..
 4. Three or four lectures by local doctors on specific subjects would enrich the course and gain the co-operation and interest of the doctors.
 5. Examinations may be given at the close of the course, if deemed advisable by the instructor and principal. Certificates should be issued only for attendance.
 6. A review lesson on practical work at the end of each month will be found valuable in teaching this course.

HINTS TO INSTRUCTORS

1. Teach in simple language, avoiding the use of technical or medical terms as far as possible.
2. Make each explanation concise, clear and thorough; supplement the outline; do not make a practice of reading to a class from a text-book.
3. The lesson should be adapted to the age, type and mentality of the group.
4. Present your subject matter in an interesting manner, using your own experiences and information gathered from many sources to enrich the text.
5. If review questions indicate that your instructions have been misunderstood, even by one student, go over the ground again.
6. Use illustrative material wherever possible. Demonstrate the practical side of every lesson. Practical work should be required of each pupil. Students cannot learn by watching.
7. Obtain the co-operation of the local druggists. They will doubtless be willing to lend you illustrative material.
8. When the article desired cannot be obtained conveniently, use home-made substitutes. Encourage students to be ingenious in the use of makeshifts.

I. THE HOME NURSE AND HER FIELD OF WORK

1. Home Nursing should always be carried on under a physician's supervision.
2. Personality of the home nurse.
3. Her responsibility to the doctor.
4. Her responsibility to the patient.
5. Her responsibility to the patient's friends.
6. Her responsibility to herself.
7. Her dress.

References:

1. Home Nurse's Handbook of Practical Nursing.....Charlotte Aikens.
2. St. John Ambulance Text-Book.
3. Practical Home Nursing.....Louise Henderson.
4. Home Nursing.....Isabel Macdonald.
5. The Book of Home Nursing.....Frances Campbell.

II. THE SICK-ROOM

1. Location, points to be considered:

- | | |
|-------------------|------------------------------------|
| (a) Quiet. | (e) Fireplace. |
| (b) Space. | (f) Near bathroom. |
| (c) Sunshine. | (g) Outdoor porch where necessary. |
| (d) Cheerfulness. | (h) Away from kitchen. |

2. Furnishing:

- | | |
|----------------------|------------------|
| (a) Floor and wall. | (c) Tables, etc. |
| (b) Bed and bedding. | (d) Lighting. |

3. Ventilation:

- | | |
|----------------------------|---|
| (a) Theory of ventilation. | (d) Fireplace. |
| (b) Devices used in home. | (e) Open air treatment for fever cases. |
| (c) Electric fans. | (f) Benefits derived from fresh air. |

4. Temperature:

- | | |
|--------------------------|------------------------------------|
| (a) Regulation. | (c) Temperature for special cases. |
| (b) Need of thermometer. | (d) Humidity. |

5. Sterilization and Disinfection in Cases of Communicable Diseases:

- | | |
|---------------|------------------|
| (a) Utensils. | (d) Dressings. |
| (b) Bedding. | (e) Instruments. |
| (c) Hands. | (f) Room. |

6. Cleaning and Care:

- | | |
|---------------------------|------------|
| (a) Fuel to fireplace. | (c) Flies. |
| (b) Sweeping and dusting. | |

A. References:

1. Text-book of Simple Nursing Procedure for High Schools. Amy E. Pope.
2. American Red Cross Text-book.
3. Text-book of Home Nursing. Harrison.
4. Practical Home Nursing. Henderson.
5. Home Nurse's Handbook. Aikens.
6. St. John Ambulance Text-book.
7. Home Nursing. Isabel Macdonald.
8. Home Nursing. State Board of Health,
Virginia, U.S.A.
9. Regulations for Cleansing, etc., after Communicable Diseases. Provincial Board of
Health.
10. Facts About Flies. Provincial Board of
Health.
11. Sewage Disposal. Department of Provin-
cial Secretary, Circular
39.
12. Guide for Instructors. American Red Cross.
13. The Book of Home Nursing. Frances Campbell.

B. Illustrative Material:

1. Cuts of suitable furniture from furniture stores or manufacturers.
2. Colour charts for pleasing and displeasing wall covering.
3. Thermometers, with prices, loaned from hardware or drug store.
4. Blackboard drawings illustrating ventilating theory and devices.
5. Advertisements of electric fans, with prices.
6. Disinfecting preparations from a druggist.

C. Demonstrations:

1. Opening windows properly for ventilation.
2. Use of window-board for ventilation.
3. Blotting paper cone in dish of water for humidity.
4. Sterilization of instruments.
5. Sterilization of dressings.

D. Practical Work:

1. Students to assist in demonstrations 4 and 5.
2. Each student sterilize her own hands.

E. Equipment:

- | | |
|---------------------------|------------------|
| 1. Iron bed and mattress. | 7. White spread. |
| 2. Pillows. | 8. Towels. |
| 3. Sheets. | 9. Tables. |
| 4. Pillow cases. | 10. Basins. |
| 5. Rubber sheet. | 11. Saucepans. |
| 6. Shaker blankets. | |

III. CARE AND TREATMENT OF BED PATIENTS

1. Bed-making:

- | | |
|--|------------------------|
| (a) Making the bed. | (d) Surgical bed. |
| (b) Changing sheets with patient in bed. | (e) "Cradles." |
| (c) Fracture bed. | (f) Handling patients. |

2. Bed-sores:

- | | |
|-----------------|----------------|
| • (a) Cause. | (c) Treatment. |
| (b) Prevention. | |

3. Baths:

- | | |
|---|--|
| (a) Cleansing: | (3) Salt tub bath. |
| (1) Preparation. | (4) Cold tub bath. |
| (2) Giving the bath. | (5) Hot tub bath. |
| (b) For medical purposes: | (6) Foot bath. |
| (1) Fever cases. | (7) Mustard bath. |
| (2) Sponge bath with alcohol and water. | (8) Bicarbonate of soda and bran bath. |

4. Temperature:

- | | |
|---------------------------------------|--|
| (a) Thermometer. | (d) Places where temperature is taken: |
| (b) Use and care of thermometer. | (1) Mouth. |
| (c) Taking and recording temperature. | (2) Rectum. |
| | (3) Armpits. |
| | (e) Normal, sub-normal, and high temperatures. |
| | (f) Crisis and lysis. |

5. Pulse:

- | | |
|--|----------------------------------|
| (a) Heart action and circulation. | (d) Frequency. |
| (b) Difference age has on rate of pulse. | (e) Regularity. |
| (c) Strength. | (f) Compressibility and tension. |

6. Respiration:

- | | |
|----------------------|--|
| (a) Action of lungs. | (b) Peculiarities of certain diseases. |
|----------------------|--|

7. Charts and Records:

- | | |
|-----------|-------------------------|
| (a) Form. | (b) Information needed. |
|-----------|-------------------------|

8. Administration of medicine—doctor's orders only:

- | | |
|----------------|-------------------------------------|
| (a) Rules. | (d) Removing taste. |
| (b) Measuring. | (e) Effect of age on certain drugs. |
| (c) Form: | (f) Medicines given in suppository. |
| (1) Liquid. | (g) Medicines given by inhalation. |
| (2) Powder. | |
| (3) Pills. | |

9. Enemata:

- | | |
|----------------|----------------------|
| (a) Purgative. | (c) For nourishment. |
| (b) Stimulant. | |

10. Douches—doctor's orders only:

- | | |
|---------------|---------------|
| (a) External: | (b) Internal: |
| (1) Ear. | (1) Vaginal. |
| (2) Nose. | |
| (3) Throat. | |

11. Counter-irritants:

(a) Poultices:

- (1) Linseed or flaxseed.
- (2) Bran.
- (3) Mustard and linseed.
- (4) Starch.
- (5) Bread.
- (6) Preparation and application.

(b) Plasters:

- (1) Mustard (various strengths).
- (2) Antiphlogistin.
- (3) Preparation and application.

(c) Stupes:

- (1) Hot.
- (2) Turpentine.

(d) Dry heat:

- (1) Flannel.
- (2) Bricks.
- (3) Hot salt.
- (4) Bottles of water.
- (5) Aluminum water cans.
- (6) Electric pad.

(e) Iodine:

- (1) Use.
- (2) Removal.

(f) Cold applications:

- (1) Ice cap.
- (2) Cold compress.

12. Diet:

(a) Function of food:

- (1) Heat and energy production.
- (2) Tissue building.
- (3) Regulating.

(b) Care of food.

(c) Kinds of diets:

- (1) Liquid or fluid.

- (2) Soft or semi-fluid.
- (3) Solid or convalescent.
- (4) Special diets.

(d) Preparation of trays.

(e) Invalid dishes.

(f) Bed tables.

A. References:

1. Text-book of Simple Nursing Procedure for High Schools. Amy E. Pope.
2. American Red Cross Text-book.
3. Guide for Instructors. American Red Cross.
4. Home Nurse's Handbook. Aikens.
5. Practical Home Nursing. Henderson.
6. Text-book of Home Nursing. Harrison.
7. St. John Ambulance Text-book.
8. Home Nursing. State Board of Health,
Virginia, U.S.A.
9. The Book of Home Nursing. Frances Campbell.
10. Practical Dietetics. A. F. Pattee.
11. Feeding the Family. M. S. Rose.

B. Illustrative Material:

1. "Cradles" made from hat box, barrel hoops, etc.
2. Clinical thermometers.
3. Charts showing circulation.
4. Chart or record blanks.
5. Graduated medicine glass.
6. Quart measure and funnel.
7. Dropper.
8. Standard-sized spoons.
9. Fountain syringe bag or irrigator with tubing attached.
10. Ear bulb syringe.
11. Rubber air-ring.
12. Hot water bag and quart bottle as substitute.
13. Ice cap.
14. Electric pad.
15. Tray set for bed meal.

C. Demonstrations:

1. Making a closed bed.
2. Making bed with patient in it.
3. Improvised back rests.
4. Raising the bed.
5. Handling helpless patients.
6. Bathing patient in bed.
7. Taking pulse.
8. Measuring medicine.
9. Making and applying poultices.
10. Filling hot water bottle.
11. Filling ice bag.
12. Improvising padded rings for preventing pressure.

D. *Practical Work:*

1. Bed making.
2. Changing sheets.
3. Fracture bed.
4. Surgical bed.
5. Handling patient.
6. Bathing patient in bed.
7. Taking temperature.
8. Taking pulse and respiration.
9. Practice in use of graduated medicine glass and dropper.
10. Making soapsud enema.
11. Making poultices and plasters.
12. Filling hot water bottle.
13. Filling ice bag.
14. Working out menus for various kinds of diets.
15. Preparing trays.
16. Making invalid dishes if kitchen is available.

E. *Equipment:*—See list under II.

1. Bath thermometer.
2. Clinical thermometer.
3. Graduated medicine glass.
4. Dropper.
5. Soap.
6. Cheesecloth and cotton cloth.
7. Mustard, flour, flaxseed, bread, etc.
8. Tray and dishes.
9. Bowl and spatula for making poultices.
10. Manikin.

IV. COMMUNICABLE DISEASES

(Always send for Doctor)

1. Epidemics.
2. Prevention.
3. Diseases:
 - (a) Diphtheria.
 - (b) Pneumonia.
 - (c) Scarlet fever.
 - (d) Erysipelas.
 - (e) Measles.
 - (f) Smallpox.
 - (g) Typhus.
 - (h) Typhoid.
 - (i) Chickenpox.
 - (j) Whooping-cough.
 - (k) Meningitis.
 - (l) Dysentery.
 - (m) Malaria.
 - (n) Tuberculosis.
 - (o) Infantile paralysis.
 - (p) Mumps.
 - (q) Influenza.
 - (r) Cerebro-spinal fever.
4. Age.
5. When most prevalent.
6. Mode of infection.
7. Incubation period.
8. Symptoms.
9. Eruption.
10. Desquamation.
11. Length of duration.
12. Isolation and quarantine.

A. References:

1. Home Nursing. Virginia State Board.
 2. Guide for Instructors. American Red Cross.
 3. Handbook of Home Nursing. Harrison.
 4. American Red Cross Text-book.
 5. Home Nurse's Handbook of Practical Nursing. Aikens.
 6. Publications of Provincial Board of Health—Ontario.
 - (a) Regulations for control of communicable disease.
 - (b) Smallpox regulations.
 - (c) Regulations for control of tuberculosis.
 - (d) Diphtheria antitoxin.
 - (e) Value of anti-typhoid vaccination.
 - (f) Prevention of typhoid fever.
- | | | |
|---|----------|--------|
| Diphtheria. | Circular | 20 |
| Scarlet Fever. | " | 21 |
| Typhoid Fever. | " | 22 |
| Measles. | " | 23 |
| Smallpox. | " | 24 |
| Consumption. | " | 25 |
| Consumption—personal precautions. | " | 25 (a) |
| Consumption—general precautions. | " | 25 (b) |
| Vaccination. | " | 26 |
| Mosquitoes and How to Prevent Them. | " | 31 |
| Facts About Flies. | " | 32 |
| Influenza. | | |

B. Illustrative Material:

1. Pamphlets and circulars from the Provincial Government for distribution to the class.
2. Sputum cups.
3. Paper bags.

C. Demonstration:

1. Screening beds for typhoid and T.B. patients.
2. Hanging sheet for protection.
3. Dress for nurse in certain cases.
4. Pneumonia jackets.

D. Practical Work:

E. Equipment:

1. Sheet.
2. Cheesecloth and cotton batting.

V. CHILDREN'S DISEASES—SYMPTOMS AND TREATMENT

- | | |
|----------------------|------------------------|
| 1. Croup. | 9. Scrofula. |
| 2. Wind colic. | 10. Adenoids. |
| 3. Convulsions. | 11. Enuresis. |
| 4. Diarrhœa. | 12. Rachitis. |
| 5. St. Vitus' Dance. | 13. Diseases of teeth. |
| 6. Eczema. | 14. Bronchitis. |
| 7. Jaundice. | 15. Hives. |
| 8. Constipation. | 16. Colds. |

A. *References:*

- | | |
|----------------------------------|---------------------------------------|
| 1. American Red Cross Text-book. | |
| 2. Practical Home Nursing | Henderson. |
| 3. Text-book of Home Nursing | Harrison. |
| 4. St. John Ambulance Text-book. | |
| 5. Pamphlet—Summer Care. | Department of Public Health, Toronto. |
| 6. Pamphlet—Colds. | Department of Public Health, Toronto. |
| 7. The Book of Home Nursing. | Frances Campbell. |

B. *Illustrative Material:*

Inhalation apparatus.

C. *Demonstration:*

1. Making an inhalation tent.
2. Hot mustard baths for convulsions.

D. *Practical Work:*

1. Arranging a croup tent.
2. Giving mustard bath to doll.

E. *Equipment:*

1. Hot water kettle with funnel.
2. Screen—improvised.

VI. BANDAGING

1. Use of bandages.
2. General rules.
3. Kinds of bandages.

(a) Roller

- (1) Form of application:

Spiral.
Reverse.
Figure 8.

- (2) Method of application to:

Forefinger,
Thumb,
Hand and forearm,
Elbow,
Arm,

Shoulder,
Lower extremity,
Groin,
Breast,
Head or capeline,
Eye.

A. *References:*

1. St. John Ambulance Text-book.
2. Home Nurse's Handbook of Practical Nursing.....Aikens.
3. The High School Text-book of Simple Home Nursing Procedure...Pope.
4. Practical Home Nursing.....Henderson.
5. The Roller Bandage.....Hopkins.

B. *Illustrative Material:*

1. Triangular bandage from St. John Ambulance Association.
2. Splints.

C. *Demonstrations:*

1. The application of:
 - (a) Roller bandage,
 - (b) Four-tail bandage,
 - (c) Many-tail bandage,
 - (d) Triangular bandage,
 - (e) Reef knot.

Practice in the application of the various kinds of bandages to the human body.

E. *Equipment:*

1. Roller bandages of various widths.
2. Unbleached muslin.
3. Splints.

VII. EMERGENCIES

(Always send for Doctor.)

1. Wounds:

(a) Burns and scalds:

- (1) Burns of first degree.
- (2) Burns of second degree.
- (3) Burns of third degree.

(b) Frost-bites.

2. Sprains.

3. Fractures.

4. Haemorrhages:

- (a) Arterial bleeding.
- (b) Venous bleeding.
- (c) Internal haemorrhage.
- (d) Nose.
- (e) Leg or arm.

5. Fainting.

6. Apoplexy.

7. Sunstroke.

8. Poisons and antidotes.

9. Drowning:

- (a) Artificial respiration.

10. Foreign bodies removed from:

- (a) Eye.
- (b) Nose.
- (c) Ear.

A. *References:*

1. Text-book of Simple Nursing Procedure for High School.....Pope.
2. Home Nursing.....State Board of Health,
Virginia, U.S.A.
3. American Red Cross Text-book.
4. Text-book of Home Nursing.....Harrison.
5. Home Nurse's Handbook of Practical Nursing.....Aikens.
6. Practical Home Nursing.....Henderson.

B. *Illustrative Material:*

1. Chart showing circulation.....St. John Ambulance.
2. Bottles with poison signs.
3. Chart: "To Restore the Apparently Drowned".....St. John Ambulance.

C. *Demonstration:*

1. Applying a dressing.
2. Applying a splint.
3. Applying a tourniquet.
4. Lifting an unconscious patient.
5. Artificial respiration.
6. Removing foreign bodies.

D. *Practical Work:*

1. Practice in application of dressings.
2. Practice in controlling haemorrhage.
3. Artificial respiration.
4. Preparing dressings.
5. Removing foreign bodies from eye, etc.

E. *Equipment:*

1. Dressings, bandages, splints.

VIII. MATERNITY NURSING

1. Pre-natal care:
 - (a) Importance of consulting doctor in early stages.
 - (b) Fetal circulation.
2. Preparation for birth:
 - (a) Needs of the baby.
 - (b) Preparation for labour.
3. Care of patient after birth.
4. Care of child after birth.

A. *References:*

1. American Red Cross Text-book.
2. Home Nursing.....State Board of Health,
Virginia, U.S.A.
3. Home Nurse's Handbook of Practical Nursing.....Aikens.
4. Practical Home Nursing.....Henderson.
5. Pamphlet—Care Before Birth.....Canadian Red Cross.
6. Pre-natal care.....Department of Public
Health, City Hall,
Toronto.
7. Guide for Instructors.....American Red Cross.
8. Prevention of Babies' Sore Eyes.....Provincial Board of
Health, Ontario.
9. The Book of Home Nursing.....Frances Campbell.

B. *Illustrative Material:*

1. Chart on circulation.
2. Model layette.
3. Baby basket.

C. *Demonstration:*

1. Bathing the baby.
2. Dressing the baby.

D. *Practical Work:*

1. Preparation of basket of supplies.
2. Practice in bathing the baby.
3. Practice in dressing the baby.

E. *Equipment:*

1. Basket and supplies.
2. Doll.
3. Bath, washcloth, towel, etc.

IX. INFANT FEEDING

1. Digestion of infants.
2. Mother's milk.
3. Substitutes:
 - (a) Prepared foods.
 - (b) Cow's milk.
4. Feeding bottles.
5. Solid foods.

A. *References:*

1. Guide for Instructors. American Red Cross.
2. Pamphlets from Canadian Red Cross:
 - (a) Weaning the Baby.
 - (b) Bottle Feeding.
 - (c) Breast Feeding.
 - (d) Feeding Babies during the Second Year.
3. The Care of the Infant and Young Child. Department of Public Health, City Hall, Toronto.
4. Model Milk By-law. Provincial Board of Health.
5. Preparation of Infants' Foods. Department of Public Health, City Hall, Toronto.
6. Text-book of Simple Nursing Procedure for High Schools. Pope.
7. Practical Home Nursing. Henderson.
8. Home Nursing. State Board of Health, Virginia, U.S.A.
9. American Red Cross Text-book.

B. *Illustrative Material:*

1. Home-made ice box for milk bottles.
2. Apparatus for sterilizing bottles and pasteurizing milk.
3. Nursing bottles.
4. Nipples of various kinds.
5. Glass funnel.
6. Bottle brush.

C. *Demonstration:*

1. Washing bottles.
2. Care of nipples.
3. Preparation of substitute food.

D. *Practical Work:*

1. Sterilizing bottles.
2. Preparing infants' food.
3. Making menus for solid food.

E. *Equipment:*

1. Feeding bottles.
2. Nipples.
3. Basins.
4. Saucepans.
5. Supplies for baby food.

X. CARE OF GROWING CHILD

1. Food.
2. Rest.
3. Clothing.
4. Care of teeth.
5. Standard and test of growth.

A. *References:*

1. American Red Cross Text-book.
2. Practical Home Nursing.....Henderson.
3. Text-book of Simple Nursing Procedure for High Schools.....Pope.
4. Pamphlet from Canadian Red Cross:
 (a) Food for Children.
5. Proper Food for Children of School Age.
6. Proper Food for Children from Two to Six Years Old.
7. The Book of Home Nursing.....Frances Campbell.

B. *Illustrative Material:*

1. Chart of Weight and Measurement from Canadian Red Cross Association.

C. *Demonstration and Practical Work:*

Making out diets suitable for children of various ages. See Appendix II, American Red Cross Text-book.

APPENDIX.

REFERENCE BOOKS FOR USE OF INSTRUCTORS.

- | | | |
|--|---|--------|
| *1. A Text-book of Simple Nursing Procedure for High Schools..... | Amy E. Pope.
Publisher: G. P. Putnam's Sons. | |
| 2. Practical Home Nursing..... | Louise Henderson.
Publisher: Macmillan Co. | |
| *3. Home Nursing Text-book..... | St. John Ambulance..... | .50 |
| *4. American Red Cross Text-book on Home Hygiene and Care of the Sick..... | Publisher: P. Blakiston's Son & Co.,
1012 Walnut St., Philadelphia.
(To be had from Canadian Red Cross, 410 Sherbourne St., Toronto.) | .70 |
| *5. Home Nurse's Handbook of Practical Nursing.... | Charlotte A. Aikens..... | \$2.00 |
| 6. Text-book of Home Nursing..... | Eveleen Harrison.
Publisher: Macmillan Co. | |
| 7. Home Nursing..... | Isabel Macdonald.
Publisher: Macmillan Co. | |
| 8. Home Nursing..... | Florence Lessels Mather.
Publisher: Thomas Nelson & Sons. | |
| 9. Home and Community Hygiene..... | Jean Broadhurst. | |
| 10. What Shall We Feed to Our Children?..... | Clara W. Hunt.
Publisher: Houghton Mifflin Co. | |
| 11. The New Public Health..... | Herbert W. Hill.
Publisher: Macmillan Co. | |
| *12. The Book of Home Nursing..... | Francis Campbell..... | \$2.45 |
| 13. Prevention of Disease and Care of the Sick, 1919. | United States Public Health Service. | |
| 14. Roller Bandages..... | Hopkins.
Publisher: J. B. Lippincott Co.,
Philadelphia. | |
| 15. Practical Dietetics..... | A. Pattee. | |
| 16. Feeding the Family..... | M. A. Rose.
Publisher: Macmillan Co. | |

*The books starred will probably be the most helpful.

BULLETINS AND PAMPHLETS.

- | | |
|---|---|
| Regulations for the Cleansing, Renovation, and Disinfection of Premises During and After Communicable Diseases..... | Ontario Provincial Board of Health. |
| Colds..... | Department of Public Health, City Hall,
Toronto, Ont. |
| Facts About Flies..... | Provincial Board of Health—Ontario. |
| Prevention of Babies' Sore Eyes..... | Regulations of Provincial Board of
Health, Ontario. |
| Summer Care of Baby..... | Department of Public Health, Division
of Child Hygiene, Toronto. |
| An Analysis of Diphtheria Deaths in Ontario..... | Provincial Board of Health, Ontario. |
| Typhoid Fever..... | Circular No. 22.
Apply to John W. S. McCullough,
Parliament Buildings, Toronto. |
| Mosquitoes and How to Prevent Them..... | Provincial Board of Health. |
| Influenza..... | Provincial Board of Health. |
| Sewage Disposal..... | Department of Provincial Secretary,
Circular No. 39. |
| Model Milk By-law..... | Provincial Board of Health. |
| Pre-natal Care: Advice for the Expectant Mother..... | Department of Public Health, City Hall,
Toronto. |
| Preparation of Infants' Foods..... | Department of Public Health, City Hall,
Toronto. |

The Care of the Infant and Young Child.....	Department of Public Health, City Hall, Toronto.	
*Home Nursing.....	State Board of Health, Richmond, Va.....	.15
*Guide for Instructo. in Home Hygiene and Care of the Sick.....	The American Red Cross, Washington, D.C.	

PAMPHLETS FROM THE CANADIAN RED CROSS SOCIETY.

Colds and How to Avoid Them.
Weaning the Baby.
Care Before Birth.
Bottle Feeding.
Breast Feeding.
Food for Children.
Feeding Babies during the Second Year.

Other Pamphlets to be published during the year.
These will be sent free on application.

CHARTS, ETC.

How Are You Growing?.....	Ontario Division of Canadian Red Cross Society.....	Free.
Physiological Diagrams (set of five).....	St. John Ambulance.....	\$5.25
	Cor. Bloor and Sherbourne, Toronto.	
Triangle Bandage.....	St. John Ambulance.....	.15
To Restore the Apparently Drowned.....	St. John Ambulance.....	.10
Proper Food for Children of School Age.....	Department of Public Health, Toronto.	
Proper Food for Children from Two to Six Years Old...	The Hospital for Sick Children, Toronto.	

